



## AGING PERSPECTIVES

*Charlie Rehbein, Aging Coordinator*

Planning for the future aging boom has been an issue for many legislative sessions. In planning for the 2007 Legislative Session, Governor Schweitzer authorized Joan Miles, Director of the Department of Public Health and Human Services to draft and pursue establishment of an Older Montanans Trust fund.

This legislation, **Senate Bill 155**, sponsored by Senator Carol Williams from Missoula and Representative William Jones of Bigfork, was amended and passed out of the Senate Public Health, Welfare and Safety Committee on 2/17/2007. The proposed funding source to get this trust fund started is the fund balance in the Big Sky Rx program for 2007. The Big Sky Rx program is a program designed to assist senior citizens with purchasing prescription drugs. With the focus on the Medicare Prescription Drug program over the last two years, the Big Sky Rx program has been underutilized.

While there is a current fund balance in the Big Sky Rx program, it is expected that its utilization

will increase and the fund balance will decrease in the coming years. Based on this, Senator Cobb proposed an amendment to limit the funds going from the Big Sky Rx program into the Older Montanans Trust Fund to be a one time only allocation.

The Big Sky Rx program was set up to help Montana's seniors, so it just makes good sense to use the unspent funds in this program to begin the trust fund of Older Montanans. So while the current fund balance will be a great starting point for establishing the trust fund, it is only a starting point. This means that if SB 155 passes, the 2009 Legislature may have to come up with a new funding source. But first we need to get Senate Bill 155 passed this session.

So, please contact your local legislators and request their support for this historical piece of legislation, Senate Bill 155. When this passes, Montana will be the first state in the nation to be planning ahead for the coming aging crisis, by setting aside funds now.

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## AGING HORIZONS

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SLTCD/DPHHS  
PO Box 4210  
Helena, MT 59604-4210  
1-800-332-2272

**Website address:**  
<http://www.aging.mt.gov>



## 2007 LEGISLATIVE UPDATE

The Legislature headed for its mid session break. As always, Legislators stay very busy trying to complete all their duties within the 90-day session time limit.

Hearings on the Senior and Long Term Care Division budget were held in mid January before the Joint Appropriations Subcommittee on Health and Human Services. They passed all of the funding requested for Senior and Long Term Care that were in the Governor's budget. These items will now be considered by the full Committee. Below is an overview of some of the bills

pertaining to Aging Services, long term care and senior citizens that have been heard to date.

The following is an overview of ways that you can get information about the 2005 legislative session and contact your legislators about issues of concern to you.

### WEB ACCESS

The Legislature has developed an extensive website where people can access information on just about anything that the Legislature does. This includes names and contact information for all legislators, a daily calendar of all legislative events, committee minutes, and complete information on all bills introduced into the Legislature so people can track a bill's progress through the entire legislative process.

You can also access information about past legislatures and the complete Montana Codes Annotated at the site.

The Legislative Branch home page address is <http://leg.mt.gov/css/sessions/60th/default.asp>. All other portions of the legislative website can be accessed from this address.

Send a general message or an email message about a specific bill to your Legislator by using the Legislative Branch online message form at <http://leg.state.mt.us/css/sessions/60th/legwebmessage.asp>



### PHONE ACCESS

For legislative information, or to leave a message for a legislator call:

**(406)444-4800**

**Hours:** 8 AM to 5 PM (M-F)  
8 AM to adjournment on Saturday.



### POSTAL MAIL

Representative  
Montana House of Representatives  
PO Box 200400  
Helena, MT 59620-0400

Senator  
Montana Senate  
PO Box 200500  
Helena, MT 59620-0500



### FAX

House FAX number: (406)444-4825.  
Senate FAX number: (406)444-4875

## LEGISLATIVE BILLS DEALING WITH ELDER ISSUES

**HB 2 - John Sinrud** - General appropriations act to fund state government. Included in the bill is the Governor's request for the following: a provider rate increase for Older Americans Act programs; \$600,000 for the biennium to fund in-home caregiver services; home delivered meals funds; and increasing the personal needs allowance for nursing home residents to \$50/month. Also added was an additional \$500,000 per year for aging services.

*Tabled in the Appropriations Committee on 2/14/07*

**HB 60 - John Parker** - Creating the Montana Access to Civil Justice Act and establishing a self-help law program.

*Failed in House on 2<sup>nd</sup> reading by 50-50 vote. Re-referred to Appropriations Committee 2/17/07*

**HB 156 - Eve Franklin** - Revising long-term care insurance laws

*Passed House 91-9. Referred to Senate Business, Labor and Economic Affairs Committee 1/30/07*

**HB 327 - Franke Wilmer** - Deferred property tax for low income disabled or elderly persons.

*Tabled in Taxation Committee 2/6/07*

**HB 386 - Rick Ripley** - Exclude life estates from assets for Medicaid eligibility

*Tabled in Human Services Committee 2/7/07*

**SB 32 - Trudi Schmidt** - Ombudsman access to long-term care facilities.

*Passed the Senate on a vote of 50-0 and transmitted to the House 1/31/2007*

**SB 155 - Carol Williams** - Create an Older Montanans Trust Fund to pay for the creation of new, innovative services or the expansion of existing services for Montanans who are 60 or older. The goal of the trust fund is to

enable older Montanans to live in the least restrictive setting.

*Amended and passed out of Public Health, Welfare and Safety Committee 2/17/07*

**SB206 - John Cobb** - Requiring DPHHS to conduct a study to determine the feasibility, impact, and cost of providing employer-sponsored health insurance to personal-care attendants and direct care employees of organizations that receive the majority of their revenue as a result of providing Medicaid-funded long-term care services.

*Passed 2<sup>nd</sup> reading in Senate 45-4 on 2/19/07*

**SB 226 - Lynda Moss** - An act stating accountability as a purpose and policy of the state for services for older Montanans and providing an accountability process.

*Tabled in Public Health, Welfare and Safety Committee on 2/14/07*

**SB 229 - Jesse Laslovich** - Adopt the Uniform Health Care Act in Montana.

*Referred to Judiciary Committee. Hearing held 2/1/07*

**SB 235 - Steven Gallus** - Establish a new state veterans' home in SW Montana (Beaverhead, Deer Lodge, Jefferson, Madison, or Silver Bow County) to be run by DPHHS. The Governor would appoint a committee to determine the location.

Cigarette tax money would fund construction. *Passed 2<sup>nd</sup> reading and re-referred to Finance and Claims Committee. Passed out of committee 2/16/07*

**SB 294 - Dan Harrington** - Clarifying the circumstances under which an agency of the state may be appointed as a guardian and clarifying its responsibilities.

*Tabled in Judiciary Committee 2/2/07*

## GOVERNOR'S ADVISORY COUNCIL ON AGING

### CURRENT COUNCIL MEMBERS:

*Beverly Barnhart (chair), Bozeman  
Gladys Considine (vice chair), Missoula  
Toni Hagener (secretary) Havre  
Chuckie Cramer, Helena  
Clayton Croff, Billings  
Julie Ebzery, Billings  
Pat Ludwig, Chester  
Mary Lou Miller, Wolf Point  
Mary Mumby, Kalispell*

### COUNCIL MISSION:

The Governor's Advisory Council on Aging serves as the official advisory body to the Governor and the State Aging Coordinator in fulfilling the goals and objectives of the Montana State Legislature and the Older Americans Act of 1965 as amended.

Eleven Montana citizens have been appointed by Governor Brian Schweitzer to be on his Advisory Council on Aging. I serve as the chair of this council. Our job is to be advocates for aging issues.

Right now we are concentrating our efforts on the Governor's Conference on Aging - "The Many Faces of Aging." It will be in Helena at the Colonial Inn on **May 22-24, 2007**. We want to see seniors from all over our state. Some of our plans include a dance, a game room, neck massages, nutrition training and a class on legal issues. The conference is still a work in progress and suggestions are welcome. We do know that scholarships will be available, so be watching for the details.

At the conference, we will be honoring our Montana centenarians. If you are over 100, or know someone who is, let us know.

Does your organization need help with a project? The Governor's Advisory Council on Aging gives mini-awards to groups who need help. We will be giving them to rural areas with a population under 10,000. For more information, ask at your senior center.

We will have a display table at the **March 13 Senior Rally in Helena**. Come visit the Capitol, enjoy lunch provided by AARP, and become acquainted with your legislators.

**Contact Beverly Barnhart** at 587-3657 or email her at [beverly@prizewriting.com](mailto:beverly@prizewriting.com).



### NEW ADVISORY COUNCIL MEMBER

**MARY LOU MILLER**

I was raised on a ranch in the Fairview Sidney area, and graduated from high school in Fairview. After attending MSU-Billings, I taught school, got married, raised 3 children and continued teaching in area schools until sometime in the 1980's when I began working with senior citizens in their homes by doing Home Health Care. My next experience with seniors came when I was

appointed Roosevelt County Aging Coordinator, a position I enjoyed for 12 years. In 1995 I had started an Assisted Living Facility in Wolf Point, and left the County to work full time at the Assisted Living, which has been in existence for 12 years now. We have had a wealth of area history pass thru our doors.

I'm looking forward to being a part of the Advisory Council and part of the solution to the many issues facing the senior citizen.

## MINI-GRANT PROGRAM FOR SENIOR PROJECTS

The purpose of the Mini-Grant Program is to help facilitate up front funding of innovative ideas that will serve senior interests in local communities. Funding for these grants is provided by the Committee to Preserve Social Security and Medicare, the Aging Services Bureau of the Department of Public Health and Human Services, and other private organizations.

The Mini-Grants are one time only funds ranging from \$300 to \$1,000. Some of the criteria for those agencies or organizations that are eligible to apply have changed this year. Applications can be received from any governmental agency or 501(C)3 non-profit organization. The community receiving the grant must have a population of fewer than 10,000 and be more than 25 miles from a city with a population of 10,000 or more.

Eligible activities include a full range of services needed by Montana's seniors such as training and education, development of support services, creating or enhancing on-going services to meet a specific or unmet need of seniors in the community. They

should exhibit collaboration with the aging network, and public/private sector partnerships are encouraged.

Those selected for an award will be expected to prepare a report on their success for the 2008 Governor's Conference on Aging. Before and after photos of the project will be required. *The following questions need to be answered to apply.*

1. Describe the problem/unmet need in the community and its affect on seniors.
2. Describe how you propose solving this need/problem.
3. Explain how you will collaborate with the aging network, or establish a public/private partnership.
4. Provide a detailed budget for the proposed project.

**Applications are due by 4/20/07.** All funds received must be expended by 12/31/2007. Those wishing to submit a proposal should check at [www.aging.mt.gov](http://www.aging.mt.gov) for more specifics on the application process

**For more information, contact:** Brian LaMoure at 1-800-332-2272 or 406-444-7782. Additional information and an application can be found at [www.aging.mt.gov](http://www.aging.mt.gov)

### ADDITIONAL FUNDS NEEDED FOR MINI-GRANT PROGRAM

We are asking for your help with the mini grant program funding. Our current funding level is approximately \$3000. We would like to see it increase to \$10,000. Any amount that you could donate would be multiplied many times over in value through the mini grant program. If you have any other ideas or persons/organizations we could contact, please let us know. We believe the mini grant program is a valuable tool in exploring and meeting the challenge of providing communities with creative ideas to enhance the quality of life for their growing senior populations. Your investment in Montana's seniors is an investment in your own future. We thank you for your consideration.

**For more information, contact:** Chuckie Cramer, chair of the Funding Raising Committee of the Governor's Advisory Council on Aging at 442-2470 or [topaz@bresnan.com](mailto:topaz@bresnan.com)

## 39<sup>TH</sup> GOVERNOR'S CONFERENCE ON AGING

Today, it is possible to have 5 generations of Montanan's living at the same time with 3 of those generations being over age 60. This year's Conference theme is "The Many Faces of Aging." As we look to those generations, we understand why it is important for each generation to understand the challenges faced by the others. To help understand these challenges, we will have 5 general sessions at the conference. The nationally recognized Dr. Bill Thomas, who is sponsored by AARP, will present two sessions, one on long term care issues and the other on prescription drugs. Other general sessions will be on catastrophic debt, legislative updates and legal issues facing the elderly.

We will have tracks on caregiving, legal issues, Native American issues, senior centers and SHIP updates. Additionally, we

will have numerous speakers on "fun and interesting" topics for seniors and "soon to be seniors." Check out our web site at [www.aging.mt.gov](http://www.aging.mt.gov) for more information and schedules as they become available.

As you may have noticed everywhere else in life, costs have been going up. As a direct result of that, some of our registration fees needed to rise, but the cost has dropped for seniors. Full registration fees are now \$100 for those under age 60 and \$60 for those 60 years old or older. Single day registration is \$50. The registration form is on the back of the newsletter or at our website.

You should shortly start receiving interesting e-mails about the conference, its topics and presenters. We hope to "pre-inform and educate" all possible attendees about what's new in aging.

**For more information, contact:** Brian LaMoure at [blamoure@mt.gov](mailto:blamoure@mt.gov) or 406-444-7782

## CENTENARIAN RECOGNITION

The Governor's Advisory Council on Aging would like to recognize all Montanans who are 100 years of age or older at their 39<sup>th</sup> annual conference May 22<sup>nd</sup> - 24<sup>th</sup>.

Montana's 2000 census showed that we had 162 centenarians. By 2025, we could have over 3,000. We will be recognizing and honoring any centenarian who is able to attend the Centenarians luncheon at the Conference. We are particularly hoping that our oldest Montanan would be able to attend. All centenarians who reply will receive a centenarian recognition proclamation from the Governor's Advisory Council on Aging.

If you are a centenarian or are aware of one and would like them to be recognized, please

supply us the following information by April 30<sup>th</sup>, 2007:

1. The centenarian's name and address.
2. Where and when were they born? If not born in Montana, what is their story on how they got to Montana?
3. What is their secret to longevity?
4. What has been the most amazing event in their life that they would like to share?
5. What would their favorite quote be?
6. Anything else they would like us to know?
7. Will they be attending the luncheon? Please RSVP if possible.
8. A clear non-Polaroid picture

**Send your information to:** Brian LaMoure, DPHHS-SLTC, PO Box 4210, Helena MT 59604-4210 or email them to [Blamoure@mt.gov](mailto:Blamoure@mt.gov)





## SENIOR CENTER/NUTRITION CORNER

The edition of the Corner has information on federal requirements that meal sites have for providing nutrition education and the reporting of educational activities, some recipes that meet the new dietary guidelines, some sample menus that meet the new dietary guidelines, and a study of the affects of mental exercise on maintaining senior's thinking skills.

For more info, contact: Doug Blakley at 1-800-332-2272

### NUTRITION EDUCATION REQUIREMENTS

All meal programs receiving Older Americans Act funding (including congregate and home delivered meal programs) have a semi annual requirement to provide their participants with nutrition education. The Older Americans Act defines nutrition education as *"a program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health information (as it relates to nutrition) and instruction to participants or participants and caregivers in a group or individual setting overseen by a dietitian, the Office on Aging Nutritionist, or individual of comparable expertise (e.g., an extension agent or home economist)."*

There are a number of ways that nutrition site managers can provide this kind of education:

- through written materials or programs developed by Marni Stevens, the Office on Aging Nutritionist. This includes the quarterly placemats distributed to all the Area Agencies. The placemats represent an easy, cost effective way for sites to meet this requirement. If you have other specific needs, Marni can also assist in researching or developing materials to meet those needs.
- through training or educational materials developed by either a local nutritionist, extension agent or other qualified personnel.
- through the use of materials developed by USDA, which are available for ordering or can be downloaded over the Internet at <http://www.usda.gov>. There is a wealth of information on a very broad range of topics at this site.
- through materials developed by the Administration on Aging available at <http://www.aoa.gov/>

To complete the loop, sites need to document the trainings they do in MASTS. The unit of service for nutrition education is either an event or session, not a head count of how many people participated. One educational session presented to congregate meal participants, a distribution of educational materials to all meal participants or the use of placemats to congregate or home delivered meals participants would count as one unit of service. Each article on nutrition published in a senior newsletter can count as a one unit of service.

Units should be entered in the Area Agency's guest client for the site that offered the nutrition education activity.

For more information, contact: Marni Stevens at (406) 868-3874 or via email at [jmistevens@msn.com](mailto:jmistevens@msn.com)



## **COOKING WITH WHOLE GRAINS, LENTILS AND LEGUMES.....**

### **BROWN RICE WITH LENTILS**

2 cups chicken or vegetable broth	1 med onion, chopped
½ cup dried lentils	½ cup uncooked brown rice
1 garlic clove, minced	1 bay leaf
¼ t. basil and thyme	⅛ t. pepper
1 cup Italian stewed tomatoes	¼ t. salt
½ cup shredded Swiss cheese	

In 1½ qt baking dish coated with spray, combine the first 10 ingredients. Cover and bake at 350 for 40 minutes. Stir in tomatoes and salt. Cover and bake 20 minutes longer or until rice and lentils are tender. Discard bay leaf. Sprinkle cheese over. Bake uncovered 5-8 minutes.  
*6 servings – 7 g fiber, 10-gram protein per ¾ cup.*

### **MEXICAN BEAN N' BARLEY CHILI**

1 large onion, chopped	1-garlic clove, minced
1 T. olive oil	1 red and green pepper, chopped
2 cups frozen corn, thawed	¾ cup quick cooking barley
2 cups water undrained	1 can (15 oz) chili beans in chili sauce,
1 can (15 oz) pinto beans, drained	1 can (15 oz) black beans, drained
1 can (15 oz) tomato sauce	1 can (14½ oz) diced tomatoes, undrained
1 can (14½ oz) vegetable broth	2 cans (4 oz each) chopped green chilies
2 T.chili powder	½ t. pepper

In large pot, sauté onion and garlic in oil. Stir in peppers, cook 3-4 minutes longer. Stir in remaining ingredients; bring to a boil. Reduce heat, cover and simmer for 15-20 minutes or until barley is tender.  
*10 servings, 1-1/2 cups each. 11 gram fiber, 11 gram protein per serving. Good source of zinc, Vitamin B6.*

### **BUTTERMILK BRAN MUFFINS**

1 cup All Bran	2 cups buttermilk, divided
1½ cup raisin bran	2¾ cup flour
¾-1 cup sugar	¼ cup brown sugar
1 t. baking powder	½ t. baking soda
½ t. salt	1 egg
2 egg whites	½ cup applesauce
¼ cup canola oil	

In small bowl, combine All-Bran and 1 cup buttermilk; let stand for 5 minutes. Stir in raisin bran; let stand 5 minutes longer. In a large bowl, combine flour, sugars, baking powder and soda and salt. In a another bowl, whisk the egg, egg whites, applesauce, oil and remaining ingredients just until moistened. Stir in bran mixture. Fill muffin cups ¾ full with batter. Bake 375 for 15-20 minutes.  
*22 muffins. Per muffin: 2 gram fiber, 4 gram protein. This recipe is high in magnesium, zinc, vitamin B6 and B12.*



## **MENUS THAT MAKE THE GRADE**

Cheeseburger on whole wheat bun  
Sliced onions  
Oven potatoes  
Baked beans  
Carrot/raisin salad  
Milk

Beef tips on pasta  
3-bean salad  
Mixed vegetables  
Peaches  
Wheat roll  
Milk

Sweet & Sour Meatballs  
Brown rice pilaf  
Garden trio-veggie  
8-grain roll  
Parfait  
Milk

Mexican Bean n' barley chili  
Corn bread muffins  
Fruited Jello salad  
Deviled eggs  
Carrot sticks  
Milk

## **ARE YOUR MENUS MEETING THE NUTRITIONAL REQUIREMENTS?**

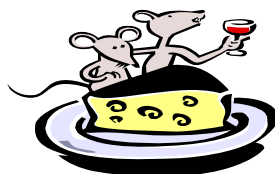
Use the tools available to ensure that you are in compliance

- 1) Computer analysis available on the state website. If you need information on how to use this - please contact me.
- 2) You can mail your menus for computer analysis. If you choose to mail your menus, they must be in a format that lists all components of the menu, not just the main course.

Marni Stevens  
Aging Services Nutritionist  
212 39<sup>th</sup> Ave NE  
Great Falls MT 59404  
(406)868-3874  
jmistevens@msn.com

## **NEW YEAR'S RESOLUTION...**

- Serve a whole grain a couple of times a week - brown rice, wheat bread/rolls, oats, barley.
- Serve legumes or lentils a couple of times per week - soups (split pea, minestrone, chili), salads, side dishes.
- Perform a computer nutrition analysis on monthly menu or mail monthly menu into Marni to analyze.



## BENEFITS OF MENTAL EXERCISE

Certain mental exercises can offset some of the expected decline in older adults' thinking skills and show promise for maintaining cognitive abilities needed to do everyday tasks such as shopping, making meals and handling finances. Research funded by the National Institutes of Health in 2002 showed that some of the benefits of short-term cognitive training persisted for as long as five years. The study is the first randomized, controlled trial to demonstrate long-lasting, positive effects of brief cognitive training in older adults.

The Advanced Cognitive Training for Independent and Vital Elderly, or ACTIVE, Study included 2,802 adults aged 65 and older who were living independently and had normal cognitive and functional status at the beginning of the study. Participants were randomly assigned to four groups. Three groups took part in training that targeted a specific cognitive ability - memory, reasoning or speed of processing. The fourth group received no cognitive training.

The large trial found that community-dwelling seniors who received cognitive training had less of a decline in certain thinking skills than their peers who did not have training. Cognitive decline is known to precede loss of functional ability in older adults. It affects everyday activities such as driving or following instructions on a medicine bottle. Research to identify effective ways of delaying this decline is important because it may help individuals maintain greater independence as they grow older.

People in the three intervention groups attended up to 10 training sessions lasting 60 to 75 minutes each, over a five- to six-week time period. The memory group learned strategies for remembering word lists and sequences of items, text, and story ideas and details. The reasoning group learned

strategies for finding the pattern in a letter or word series and identifying the next item in a series. The speed-of-processing group learned ways to identify an object on a computer screen at increasingly brief exposures, while quickly noting where another object was located on the screen.

After the initial training, 60% of those who completed the initial training took part in 75-minute "booster" sessions designed to maintain improvements gained from the initial sessions. The investigators tested the participants at baseline, after the intervention and annually over five years. They found:

- Immediately after the initial training, 87% of the speed-training group, 74% of the reasoning group and 26 % of the memory group showed improvement in the skills taught.
- After five years, people in each group performed better on tests in their respective areas of training than did people in the control group. The reasoning-training and speed-training groups who received booster training had the greatest benefit.

The researchers also looked at the training's effects on participants' everyday lives. After five years, all three intervention groups reported less difficulty than the control group in tasks such as preparing meals, managing money and doing housework.

This study offers hope that cognitive training may be useful. ACTIVE has shown that relatively brief targeted cognitive exercises can produce durable changes in the skills taught. The improvements seen after the training roughly counteract the degree of decline in cognitive performance that we would expect to see over a 7-14 year period among older people without dementia.

*Excerpted from an NIH article*

## WHAT IS RESPITE CARE AND HOW CAN I GET IT?

Taking care of a loved one with a chronic medical condition (such as dementia, stroke, Parkinson's disease, and heart disease), a disability, or other special need can be stressful and it can take an enormous toll on informal caregivers. Informal caregivers are spouses, family members, relatives, neighbors, and friends who provide help to keep their loved one in their home and community. The loved one who is receiving care is sometimes called a care recipient.

No matter how important or rewarding the job of caregiving might be, informal caregivers are under higher stress and are at risk of suffering from anxiety, depression, and feelings of frustration, isolation and loneliness. Taking regular breaks from the demands of caregiving are essential. It is important that informal caregivers address their own needs, take time to do the things that are important, and practice good self-care. Respite care services can offer a much-needed break for caregivers and can play a part in being a healthy caregiver.

Respite care includes services which offer temporary, substitute supports or living arrangements for a care recipient in order to provide a brief period of relief or rest for their informal caregiver. It includes in-home respite; respite provided to the care recipient at a senior center or other nonresidential program; institutional respite provided in nursing homes or assisted living facilities for

a short period of time; or children's summer camps used by grandparents raising their grandchildren.

There are four Demonstration Programs across Montana funded through a federal Alzheimer's Disease Demonstration Grant (ADDGS) from the Administration on Aging. The Demonstration Programs are working to make respite care services available to informal caregivers in their communities. The four Demonstration Programs are:

**Developmental Educational Assistance Program (DEAP)** in Miles City is offering respite services in Custer, Prairie, and Rosebud counties. Contact Vicki Clear or Sylvia Danforth at 406-234-6034.

**Belmont Senior Citizens Center** in Butte provides respite care services in Silver Bow, Beaverhead, Deer Lodge, Granite, Madison, and Powell counties. Contact Marie Walsh or Ann Ueland at 406-723-7773.

**Missoula Aging Services** has respite care services available in Missoula and Ravalli counties. Contact Barbara Haugen or Debra Gutzmer at 406-728-7682.

**Area VI Agency on Aging** is offering respite care services in Lake, Lincoln, Mineral, Sanders and Flathead counties as well as on the Flathead Reservation. Contact Joyce Schmitz or Duane Lutke at 406-883-7284.

**For more information on other respite services, call:** your local Area Agency on Aging at 1-800-551-3191.



**IF YOU ARE AN INFORMAL CAREGIVER, YOUR HELP IS NEEDED** to better understand what informal supports and paid services give you a break and help you in your caregiving efforts.

If you want to help, please go online and take the Informal Caregiver Survey at:  
[http://www.dphhs.mt.gov/survey/sltc\\_informal\\_caregiver\\_survey.jsp](http://www.dphhs.mt.gov/survey/sltc_informal_caregiver_survey.jsp)

## ALZHEIMER'S DISEASE TRAINING OPPORTUNITIES

Through the State's Alzheimer's Disease Grant, two important trainings have been brought to Montana: **Powerful Tools for Caregivers** (a program by Mather LifeWays) and **Nonviolent Crisis Intervention Training** (a program by the Crisis Prevention Institute). Both programs use the train-the-trainer model.

**Powerful Tools For Caregivers** is a nationally known program that emphasizes empowerment and self-care of informal caregivers. This intensive, experiential and interactive training instructs pairs of Class Leaders to lead a 6-week educational program for groups of 10-15 family caregivers in their communities. Potential trainers include professionals or volunteers from a healthcare, social service, or faith-based organization who have excellent communication and organizational skills.

At the community level, family caregivers will learn self-help skills covering the following 6 topics: Taking Care of You; Identifying and Reducing Personal Stress; Communicating Feelings and Needs; Communicating in Challenging Situations; Learning from Our Emotions; and Mastering Changes and Decisions. To date, over 60 family caregivers have received this valuable training in Scobey, Glendive, Missoula, Polson, Butte, and Miles City.

**The training is scheduled for March 21-23, 2007 at the Yogo Inn in Lewistown.** The fee for the training is \$75.00 and participants are responsible for their own travel, lodging, and meals (lunches are provided all three days).

**For more information, contact** Sandy Bailey at 406-994-3395 or via email at [baileys@montana.edu](mailto:baileys@montana.edu).

**Nonviolent Crisis Intervention** teaches Certified Instructors in long-term care facilities to appropriately handle aggressive individuals. A growing number of long term care facility residents have Alzheimer's disease or other related illnesses which affect their ability to understand information and make their needs known. Because of this, residents may be confused, irritable, stubborn, argumentative, verbally abusive, and violent. This can lead to an increase in behavioral incidents, an increase in staff turnover, and can compromise the safety of both staff and residents.

Certified Instructors teach staff to diffuse individuals before they become combative; decrease the number of physical interventions needed in a facility and reduce the likelihood of injury to themselves and those in their care; improve the overall safety of any facility; and increase staff confidence and morale which can lead to less turnover.

The first two days focus on learning program methods and techniques. The last two days focus on teaching the participant to teach others. At the end of the four-day training, Certified Instructors will be able to teach their staff and colleagues the program skills and techniques. The instruction is intense and requires physical activity, so dress in comfortable clothing.

**The training is scheduled for April 24 -27, 2007 in Missoula.** It is available to Nursing Home and Assisted Living facilities, Certification Bureau, and the Ombudsman Program. There is no fee for the training, however participants will be responsible for travel, lodging, and meal expenses. Attendance is limited.

**For more information, contact** Traci Clark at 406-444-6995 or via email at [trclark@mt.gov](mailto:trclark@mt.gov).

## PEACE OF MIND FOR CAREGIVERS



The Alzheimer's Association - Montana Chapter is working to help save lives with the help of

a Governor's Advisory Council on Aging Mini Grant. The grant will pay for the first year enrollment fee in the Alzheimer's Association **Safe Return™** program, plus an ID bracelet for the person with Alzheimer's. Caregivers of an individual who is living with Alzheimer's disease and at risk of wandering are encouraged to take advantage of this offer and enroll their loved one.

Alzheimer's disease causes thousands of Montanans to lose their ability to recognize familiar places and faces. Wandering is among the biggest challenges caregivers face. Six in 10 people with Alzheimer's disease will wander. They may become disoriented and lost, even in their own neighborhood. Although common, this wandering behavior can be dangerous. If not found within 24 hours, up to half of those who wander risk serious injury or death.

The Alzheimer's Association Safe Return™ program assists in the safe return of individuals with Alzheimer's disease or a related dementia who wander and become lost. Safe Return is a nationwide identification and support program working at the community level. Assistance is available 24 hours a day, 365 days a year, whenever a

person is lost or found. One call immediately activates the community support network to help reunite a lost person with Alzheimer's disease with his or her caregivers.

When an individual is missing, Safe Return faxes the enrolled person's information and photo to local law enforcement. When a person is found, a citizen or law official calls the 800-number, and Safe Return notifies listed contacts. The local Alzheimer's Association chapter provides support to the family during the incident.

The benefits of the Safe Return include:

- Enrollment in a national information and photo database that includes emergency contact information to help reunite a lost person with caregivers
- The Alzheimer's Association 24/7 Nationwide Contact Center, which is available day and night, every day, for information and care consultation
- Personalized identification products
- Caregiver checklist, which provides useful tips when someone is missing
- Education and training on wandering behavior for emergency responders

For safety and peace of mind, enroll in the Alzheimer's Association Safe Return. If enrollment is done through the Montana Chapter the fee of \$40.00 will be waived in addition to a \$20 fee for an ID bracelet for the person with Alzheimer's disease.

**For more information, contact:** Montana Chapter at (406) 252-3053 or visit [www.alz-mt.org](http://www.alz-mt.org)

## ALZHEIMER'S SERIES DATES

The Alzheimer's Chapter and the Montana State University Extension Service are planning another Alzheimer's series in six southeastern cities. Tentative locations include Broadus, Glendive, Baker, Forsyth,

Miles City, and Lame Deer or Ashland. This award winning project provides a once a week presentation on different topics for caregivers and families over six weeks. The series runs from April 16 through May 14.

**For more information, contact:** Sandy Bailey at 994-6745, [baileys@montana.edu](mailto:baileys@montana.edu)

## **OMBUDSMAN COMINGS AND GOINGS**

### **AREA XI OMBUDSMAN UPDATES**

**Shellie Fortune**, formerly from Billings, is the new part time ombudsman for the Missoula Aging Services. She will work as the Senior Help Line/Ombudsman specialist. Shellie is a graduate of the University of Montana and did her internship with the Poverello Center.

**Shawna Starkey** joined the Ombudsman program with Missoula Aging Services this summer. Prior to coming to Montana, Shawna worked as the field supervisor for a nursing home resident satisfaction research project. Shawna is a graduate of St. Cloud State University and has a master's degree from the University of Montana. Her natural abilities with seniors and people in general, will also be put to use as a SHIP and I&A counselor with the Area IV Agency on Aging.

### **AREA II OMBUDSMAN UPDATES**

**Michele Tesar** joined the Yellowstone County Council on Aging as the Local Long Term Care Ombudsman. Michele has a twenty-two year career in social services and comes with a Masters degree in Counseling Psychology. Michele lived in Red Lodge from 1989-1999. After 7 years in the southwest, she returned to Montana. Michele will visit 42 facilities (Nursing Homes and Assisted Living facilities) in her area.

### **THANK YOU FOR SERVING**

**Sherry Benner** served as the Regional Ombudsman for Areas VI, IX and XI for the past four and a half years. Sherry, along with her husband, is relocating to Alaska.

Sherry brought many skills and abilities to the Ombudsman program. Sherry has helped coordinate the Ombudsman newsletter and other program brochures. We will miss her enthusiasm, zeal and dedication. Good Luck in your new venture! We will miss you.

### **Our sympathy is extended to the Joan Johnson family - Hamilton, MT**

Joan Johnson, Ombudsman for Ravalli County died on October 6, 2006. Joan had served as the Ombudsman for Ravalli County for over sixteen years. In May 2005, Joan was recognized for her dedication to the Ombudsman program. Joan's entire life was dedicated to serving her family and others in the community. She was very active in Ravalli County, with programs like the Kiwanis Christmas Food Program and the Guardian ad Litem program for abused and neglected children.

Our sympathy is extended to Joan's husband, Rob, and her children and grandsons.

## **TRIBAL FEDERAL BENEFITS WORKSHOPS**

A train the trainer program on: Social Security Retirement/ Survivor/ Disability/ Medicare; Supplemental Security Income/Homeless Outreach Project/Appeals; Work Incentive Planning Assistance/Montana Advocacy Program; Medicaid/ Veterans Administration Benefits; Children's Health Insurance Program (CHIP); and Tribal and Montana Vocational Rehabilitation Services

### **CROW RESERVATION**

Multi-Purpose Center, Crow Agency  
Tuesday, March 20<sup>th</sup> 1 - 5 PM  
Wednesday, March 21<sup>st</sup> 8:30 - 3:30

### **NORTHERN CHEYENNE RESERVATION**

Lame Deer Catholic Church  
Wednesday, April 18<sup>th</sup> 1-5 PM  
Thursday, April 19<sup>th</sup> 8:30 - 3:30

**For more information, contact:** Roger Ala, DDS, Helena, at 1-800-545-3054



## SHIP ADDS NEW STAFF MEMBER



The State SHIP program added a new staff member last month - Brian Kelly. Brian moved to Montana early spring 2006. He and his wife were traveling full time in their motor home for the past

year before they decided to come to Helena to assist their daughter with childcare while she pursued her vocation. Brian's 94 year old mother was also in need of care and they brought her here to their home to live.

Brian was born in Canada. His parents moved to California when he was a small boy. He served in the Army and lived in southern California till 1974, when he moved to Oregon. He resided in Oregon until last spring. He and his wife have 5 children and seven grandchildren, with number eight expected in late February. While living in the high Cascades of Oregon, Brian and his wife enjoyed snowmobiling and fly fishing.

Brian works with Kimme Evermann in the SHIP Program, which is responsible for coordinating an information, counseling, assistance and referral program for the elderly beneficiaries' and their families. .

**For more information on SHIP, contact:** the local SHIP Program at 1-800-551-3191 or contact the State SHIP Program through the Governor's Citizen Advocate number 1-800-332-2272

## AREA VI RECOGNIZED

The Area VI Agency on Aging was recognized by the Polson Chamber of Commerce at their annual banquet on January 19, 2007 as the Non Profit Organization of the Year. This is the first year that the Chamber has given the award.

Dennis Anderson, president of the Polson Chamber of Commerce presented the award. Area VI was recognized for "the little things

the Organization does each day that have the power to affect a great many people. You inspire us with your willingness and ability to help others. You take on the world, one day at a time, continuously searching for a way to make things better, seizing the opportunity to improve everyday life. "

Congratulations to Duane Lutke, Area Director, and all his staff for the honor.

## 2006 OUTSTANDING OLDER WORKER



James (Jim) E. Bell, 82, of Kalispell, was recognized as **Montana's 2006 Outstanding Older Worker by Experience Works.**

Jim is an Army veteran who served in the Pacific, then returned home and received a BA from the University of Montana and went on to

become a Certified Public Accountant. Before venturing out into his own practice, he worked as an accountant in the lumber Industry. For the last 20 years, Jim has been a self-employed CPA. Jim still works at least 40 hours a week and during tax season, up to 7 days a week. Jim has been married for 50 years and has 4 children who are all inspired by his willingness to go above and beyond the call of duty for any of his clients.

**39<sup>th</sup> Governor's Conference on Aging Registration form**  
**The Many Faces of Aging**  
May 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> 2007 Colonial Inn Helena 1-800-733-5466

Name(s) \_\_\_\_\_

Representing \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_

**Governor's Conference  
on Aging  
PO Box 4210  
Helena MT 5960**

For more  
Information call  
1-800-332-2272.  
Ask for Brian LaMoure

**Full Conference - Registration Fees**

\$100 Prior to May 7<sup>th</sup>.

\$125 After May 7<sup>th</sup>.

\$ 60 If over age 60.

**AMOUNT ENCLOSED** \_\_\_\_\_

**Single Days - Registration Fees.**

May 22<sup>nd</sup> \$50 includes lunch.

May 23<sup>rd</sup> \$50 includes lunch.

May 24<sup>th</sup> \$35 includes lunch, half day.

Additional Lunches \$20 (Note day: Tues Wed Thurs)

**AMOUNT ENCLOSED** \_\_\_\_\_

Cost bug